Individual Pizzas



Week 4 Tuesday Lunch

<u> </u>	10 Servings	25 Servings	Directions
Pork sausage, raw, uncooked	21 oz.	3 lb 5 oz.	1. Brown meat until done.
OR cooked, chopped	10 oz.	25 oz.	Drain fat.
Chicken	10 02.	25 02.	2. On a cookie sheet, press biscuits into round flat
Refrigerated biscuits	10 biscuits	25 biscuits	individual pizza shapes with
	(1 tube)	(2.5 tubes)	sides slightly raised.
Pizza sauce, canned	³ / ₄ cup	1 ³ / ₄ c. + 2 Tbsp	3. Place 1 Tbsp sauce on each biscuit.
Or Spaghetti sauce			4. Add 2 Tbsp ground beef.5. Sprinkle cheese on top of
Shredded mozzarella	6 oz	15 oz	each pizza. 6. Bake in 400 degrees F oven
Cheese, part skim			for 10 minutes or until cheese melts.

Portion size for 3-5 year old: 1 individual pizza

Each serving provides: $1\frac{1}{2}$ oz meat/meat alternate, $\frac{1}{2}$ slice bread alternate

Nutrition Tip: Red meat contains more iron than white meats, but may be higher in fat. Drain the pork sausage well after browning. Use chicken as a variation in this recipe.

Physical Activity: Pretend everyone is in a pirate ship, rowing the oars. Then jump off the gangplank and swim to shore.

Recipe Source: Nutrition Education of Nebraska

Junior Trail Mix



Week 3 Friday Snack

<u> </u>	<u> 10 Servings</u>	<u>20 Servings</u>	Directions
Plain Cheerios	2 cups	4 cups	Mix all ingredients
Kix cereal	2 cups	1 qt	together in an airtight container.
Chopped raisins, seedless	1 cup, packed	2 cups, packed	
Peanut butter morsels	½ cup	1 cup	
	·		

Portion size for 3-5 year old: $\frac{1}{2}$ cup

Each serving provides: ½ slice bread alternate

Nutrition Tip: Raisins are an easy way to meet your 5-A-Day needs for fruits and veggies. Craisins would be a tasty addition too. Physical Activity: Hide 5-10 slips of paper throughout a room area and maintain their interest by promising a favorite shared physical activity when all collected. Write parts of the name of activity on each piece of paper so the can spell out when finished.

Recipe Source: Young Parents Education Center. Great Falls

Lime Marinated Chicken Breast



Week 3 Thursday Lunch

<u> </u>	12 Servings	24 Servings	Directions
Chicken breast, boneless, skinless	1 lb + 9 oz raw weight	3 lb + 2 oz raw weight	Trim the fat off of the chicken breasts and place in a ziplock bag. Add lime juice, oil
Lime juice, canned or bottled, unsweetened	4 oz	8 oz	and dash cayenne pepper. Marinate at least 3 hours. Discard marinade.
Vegetable oil	2 Tbsp	½ cup	Cut each breast in four crosswise slices. Place on oiled cookie sheet with sides.
Dash cayenne pepper			Bake at 400 for about 1 hour or until juices are clear.

Portion size for 3-5 year old: $1\frac{1}{2}$ oz chicken

Each serving provides: 1 ½ oz meat

Nutrition Tip: Chicken provides iron, which helps transport oxygen all over our bodies, giving our body energy to move. Physical Activity: Arrange children around you with enough room for them to move about. Sing together "Head, Shoulders, Knees and Toes" and have the children touch each body part as they say the words. Sing faster, sing slower.

Recipe Source: Connie Nelson, MT Child Care Provider

Lowfat and Yummy Dressing



Week 2 Friday Lunch

Ingredients	10 Servings	25 Servings	Directions	Bullett
Low-fat plain yogurt Low-fat Mayonnaise Ranch Dressing dry mix Buttermilk	3 1/8 ozs \(\frac{1}{2}\) cup + 2 Tbsp 5 ozs 1 \(\frac{1}{2}\) cup + 1Tbsp	7 7/8 ozs 1 ½ cups + 1 Tbsp 12 ½ ozs 3 ¾ cups + 2 ½ Tbsp	Combine all ingredien mixing bowl. Using a wire wisk, mismooth. Pour into serving con Keep chilled.	ix until

Portion size for 3-5 year old: 2 oz

Each serving provides: minimal amounts of yogurt and buttermilk

Nutrition Tip: Buttermilk is a low fat dairy food. Use it in dips and for baking. A quick substitution for buttermilk is $\frac{1}{2}$ Tbsp of vinegar in a cup of regular milk.

Physical Activity: Play a game of kickball and be sure the kids run around the bases for exercise.

Recipe Source: Corvallis Public School, Corvallis, MT

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Mac & Cheese with Ham



Week 1 Monday Lunch

<u> </u>	<u> 10 Servings</u>	<u>25 Servings</u>	Directions
Elbow macaroni, enriched	$8\frac{3}{8}$ oz (dry wt)	1 lb+5 oz (dry wt)	Cook macaroni until firm-tender, drain and
Bread crumbs	1/3 cup +1 Tbsp	1 cup	rinse in cold water. Melt margarine or butter. Combine flour, salt, dry mustard,
Low fat cheddar cheese	$3\frac{1}{4}$ oz	8 oz	white pepper, and paprika in a bowl. Add to
Margarine or butter	2 ³ / ₈ oz	6 oz	the melted margarine/butter. Cook this for 2 minutes over medium heat, stirring
All purpose flour, enriched	2 ³ / ₈ oz	6 oz	continuously. Do not brown. Heat milk in
Salt	1 tsp	2 ½ tsp	stockpot to a simmer, then slowly add milk to the flour mixture, stirring continuously.
Dry mustard		½ Tbsp	Cook until smooth and thickened. Add
White pepper	¹ / ₈ †sp	$\frac{1}{2}$ tsp	Worcestershire sauce, shredded cheese and parmesan cheese to the white sauce.
Paprika		1 Tbsp	Stir over low heat until cheese melts.
2% Milk	1 qt	2 qts + 2 cups	Combine well drained macaroni, ham and sauce. Mix well. Place 10 lb 6oz (1gal 1qt)
Worcestershire sauce	3/8 tsp	1 tsp	into each 12" \times 20" \times 2 $\frac{1}{2}$ " steam table pan;
Lowfat cheddar cheese (shredded)	8 ozs	1 lb + 4 oz	(Or a greased baking dish) Cover with a lid or foil. TO BAKE: Conventional oven: 350°F,
Parmesan cheese (grated)	7/8 oz	2 ozs	30 min. Convection oven: 325°F, 25 min.
Ham, chopped, fully cooked	5.5 oz	14 oz	(Until thoroughly heated)
Portion size for 3-5 year old: 1 cup Each serving provides: 2 bread altern	Combine bread crumbs and shredded cheese in a bowl. Sprinkle over each pan. Bake an additional 5 minutes, uncovered, until lightly browned. Each steam table pan serves 25.		

Nutrition Tip: Iron (in enriched pasta, enriched flour and ham) is part of the blood which carries oxygen to all parts of our bodies. Too little iron in our blood makes us feel tired and cranky!

Physical Activity: Have the children pick their favorite toy with wheels and push it through an obstacle course. If riding toys or bicycles are available, the children can ride through the course themselves! Recipe Source: USDA

Navy Bean and Ham Soup



Week 1 Friday Lunch

<u> </u>	10 Servings	25 Servings	Directions
Cooked dry navy beans (previously sorted and rinsed) Chicken broth Chopped carrots Chopped onions Chopped celery Turkey ham, finely chopped Dried marjoram Liquid smoke	1 \(\frac{1}{4}\) cup 1qt + 1 cup \(\frac{1}{2}\) cup+ 2Tbsp \(\frac{1}{2}\) cup+ 2Tbsp \(\frac{1}{2}\) cup+ 2Tbsp 2 \(\frac{1}{2}\) oz \(\frac{1}{4}\) tsp 1/8 tsp	3 \frac{1}{8} cups 3 qts+ \frac{1}{2} cup 1\frac{1}{2} cups+ 1Tbsp 1\frac{1}{2} cups+ 1Tbsp 1\frac{1}{2} cups+ 1Tbsp 6 \frac{1}{4} ozs \frac{3}{4} tsp \frac{1}{4} tsp	Soak sorted and rinsed beans in 4 cups of cold water overnight. Drain. Coat a large saucepan with no stick vegetable spray. Sauté carrots, celery, and onions. Add beans and chicken broth. Simmer for 1 hour. Add ham, liquid smoke and marjoram. Simmer for additional 1-1/2 hours or until beans are soft.

Portion size for 3-5 year old: 1 cup

Each serving provides: $1 \frac{1}{2}$ oz meat alternate

Nutrition Tip: Dried beans are a great source of iron, which is helpful in preventing colds.

Physical Activity: Partner Stunts - Pair each child up and have them work together to complete tasks (*Partner walk*-pairs face each other with hands on each others shoulders. They walk trying to keep their toes touching so they move as a single unit. *Wring the Dishrag* - pairs face each other holding hands, while lifting one pair of arms in the air they turn toward the lifted arms. They continue turning until they are back to back.

Recipe Source: Master Menu Volume 2, MT CACFP

Thoradients

Portion size for 3-5 year old: $\frac{1}{2}$ cup

Each serving provides: 1 slice bread alternate

Nuts and Bolts

14 Servines



28 Servinas

Week 5 Monday Snack

Dinactions

Ingredients	14 Servings	20 Servings	Directions
Quaker shredded wheat, bite size	1 qt	2 qt	Spread shredded wheat out in a cake pan.
Margarine, melted	1/3 cup	2/3 cup	Cover with melted margarine and sprinkle on some garlic powder.
Stick pretzels, tiny twists	1 ½ cup	3 cup	Bake at 350 degrees for 15 min.
Dry roasted peanuts	½ cup	1 cup	Add pretzel sticks, peanuts, and raisins.
Raisins, seedless, packed	½ cup	1 cup	Keep in air tight container.

Nutrition Tip: Peanuts are a good source of protein and are a great high energy snack for children.

Physical Activity: Use a large monthly calendar and ask your children to assist you in filling each daily block with different physical play skill: skipping, prancing, kicking, collapsing, rolling, bouncing, flying, etc. Enjoy these activities throughout the month.

Recipe Source: www.inmotion-pcs.com/amass/theboss/nutsbolt.htm

Orange-Pineapple Gelatin



Week 4 Tuesday Snack

<u> </u>	10 Servings	25 Servings	Directions
Water	3/8 cup	1 cup	1. Combine water, gelatin, and sugar. Cook over medium heat, stirring
Unflavored gelatin, dry mix	2 ½ Tbsp	3/8 cup	frequently until sugar and gelatin
Sugar, granulated	2 ½ Tbsp	3/8 cup	dissolve, 2-3 minutes. Remove from heat.
Canned crushed pineapple, in juice, light syrup	1.5 cups	3 cups	2. Drain pineapple, reserving juice. For 25 servings, reserve 1 cup juice. For 10 servings, reserve 3/8 cup
Frozen orange juice concentrate, unsweetened, reconstituted	1 3/8 cup	3 ½ cups	juice. 3. Stir orange juice and pineapple liquid into gelatin mixture. Chill until mixture begins to thicken, about 30
Canned applesauce	1 ½ cups	3 cups	minutes. 4. Fold in pineapple and applesauce. 5. Pour the fruited gelatin into a steamtable pan for 25 servings, or a 9x13inch pan for 10 servings.
			6. Refrigerate over night or until set.

Portion size for 3-5 year old: 1/10 of recipe

Each serving provides: ½ cup fruit

Nutrition Tip: Vitamin C, found in pineapple and orange juice, aids in many functions of the body, including the absorption of iron.

Physical Activity: Play hide and seek, allowing each child a turn to be the seeker. Play this game outside if possible.

Recipe Source: USDA

Oven French Toast



Week 1 Thursday Breakfast

Ingredients	12 Servings	24 Servings
Slices of day old whole wheat bread, crusts removed	6 slices	12 slices
Fat free cream cheese	1-8 oz package	2 packages (8 oz each pkg)
Fresh or frozen blueberries Eggs Skim milk Maple syrup or honey	 ½ cup 6 eggs 1 cup ½ cup 	1 cup 12 eggs 2 cups 1/3 cup
Blueberry Sauce: Sugar Cornstarch Water Fresh or frozen blueberries	1 Tbsp 1 cup 1 cup 1 cup 1 cup	1 cup 2 Tbsp 1 cup 1 cup

- 1. Cut bread into 1-inch cubes; place in a 13"x9"x2" pan that has been coated with cooking spray.
- 2. Cut cream cheese into 1-inch cubes; place over bread. Top with blueberries and remaining bread.
- 3. In a large bowl; beat eggs. Add milk and syrup. Pour over bread mixture. Cover and immediately refrigerate for 8 hours or overnight.
- 4. Bake in preheated 350-degree oven for 30 minutes. Uncover and bake 25-30 minutes more or until golden brown and the center is set.
- 5. In saucepan, combine sugar and cornstarch; add water. Bring to a boil over medium heat; boil for 3 minutes, stirring constantly. Stir in blueberries; reduce heat. Simmer for 8-10 minutes or until berries have burst. Serve over French Toast.

Portion size for 3-5 year old:

Each serving provides: $\frac{1}{2}$ slice bread, 1 oz meat alternate

Nutrition Tip: Whole grains, found in whole wheat bread are an excellent source of fiber to keep your digestive tract healthy.

Physical Activity: Red Light, Green Light - When the teacher yells green light and points in a direction, the kids

run/jump/skip/crawl (teachers choice) in that direction until they yell red light.

Recipe Source: Taste of Home Recipe

Tu -u- di -u-



Week 2 Friday Breakfast

<u> </u>	16 Servings	32 Servings	<u> Directions</u>
Milk 1% Low-fat Vegetable oil Eggs, whole, fresh Flour, all-purpose white, enriched Baking powder, Double-Acting Sugar, Granulated Salt, Table	3 cup 2 Tbsp 1 egg 1 cup 2 tsp 2 Tbsp ½ tsp	1 ½ cup 4 Tbsp 2 eggs 2 cups 1 Tbsp+1 tsp ½ cup 1 tsp	Beat eggs; add milk and oil. Combine the dry ingredients and sift into egg and milk mixture; mix well. Pour small amount of batter (about 1/4 cup) on hot, greased griddle; spread evenly. When golden brown, turn and brown the other side.

Portion size for 3-5 year old: 1 small pancake or 1/16 of recipe (recipe makes 16 pancakes) Each serving provides: $\frac{1}{2}$ slice bread alterate

Nutrition Tip: You may want to try substituting $\frac{1}{4}$ of the flour in this recipe with whole wheat flour to boost the fiber/vitamins. Physical Activity: Walk to a neighborhood park.

Recipe Source: Laura England, Kootenai Valley Head Start Program, MT



Week 3 Tuesday Snack

<u> </u>	9 Servings	18 Servings	Directions	Shack
Peaches, raw, sliced or canned Sugar, granulated Oatmeal, dry, uncooked Sugar, brown	5 cups \frac{1}{4} cup \frac{1}{2} cup dry weight \frac{1}{2} cup	2 qt + 2 cups ½ cup 1 cup dry weight 1 cup	Place fruit in an 8x8 baking Stir in sugar, set aside. For topping, combine oatm brown sugar, flour and cin in a mixing bowl. Cut in margarine until mixing resembles coarse crumbs. Sprinkle topping over filling Bake at 375 degrees for 3	atmeal, cinnamon
Flour, all-purpose white, enriched, bleached	packed ‡ cup	packed ½ cup		bs. illing. or 30-35
Cinnamon, ground Margarine	1/4 tsp 1/4 cup	1/2 tsp 1/2 cup	minutes or until fruit is and topping is golden. Cut each pan into 9 piece	

Portion size for 3-5 year old: 1/9 of recipe

Each serving provides: $\frac{1}{2}$ cup fruit

Nutrition Tip: This recipe is a good "general" crisp recipe. You can substitute apples, pears or apricots. Physical Activity: Dance the Hokey Pokey. It's fun and it's a good review of body parts.

Recipe Source: What's Cooking II

Perfect Cornbread



Week 1 Friday Lunch

<u> </u>	16 Servings	32 Servings	Directions
Enriched all-purpose flour	½ cup	1 cup	1. Measure all ingredients into
Yellow corn meal	½ cup	1 cup	mixing bowl in the order given
Baking powder	2 tsp	4 tsp	above.
Salt	$\frac{1}{4}$ tsp+1/8 tsp	<u>³</u> †sp	2. Beat with wooden spoon or wire
Eggs	1 large	2 large	whip until smooth, about 1 minute.
Low fat milk	½ cup	1 cup	Do not overbeat.
Vegetable oil	1/8 cup	½ cup	
			3. Pour batter into greased
			9"×9"pan.
			4. Bake at 425-degrees F for 20 minutes.

Portion size for 3-5 year old: 1 piece ($1.25" \times 2"$)

Each serving provides: $\frac{1}{2}$ slice bread alternate

Nutrition Tip: Enriched flour has vitamins and minerals added to it. Make sure you purchase enriched flour to use in baked goods and other recipes.

Physical Activity: Play music and have kids dance and jump around to it and freeze into a statue when you pause the music.

Recipe Source: Linda Boeckner - Scottsbluff

Thorodients

Perfect Peanut Butter Dip

20 Servinas

10 Servinos



Directions

Week 1 Tuesday Snack

ingredients	10 Servings	20 Servings	Directions
Apple Juice Creamy Peanut Butter Plain (or vanilla) non-fat yogurt Assorted fruit chunks (apples, Bananas, pears) Crackers	2 Tbsp ½ cup ½ cup 5 cups	1 cup 1 cup 10 cups	Stir together peanut butter and yogurt. Add apple juice and mix until smooth. Serve with fruit and crackers.

Each serving provides: ½ oz meat alternate and ½ cup fruit

Portion size for 3-5 year old: 1.6 Tbsp peanut butter dip

Nutrition Tip: Iron (found in peanut butter) helps improve concentration; important for children when learning new skills.

Physical Activity: Hop to the Beat in "Hop Scotch"

Recipe Source: Young Parents Education Center, Great Falls, MT

Porcupine Meatballs



Week 1 Tuesday Lunch

Extra lean ground beef Uncooked rice (preferably brown rice) Finely chopped onion Minced garlic 8 oz can of ready to use tomato soup 1 pound raw 1/2 cup 1 tup 1 cup 1 cup 2 pound raw 1 cup 3 cup 2 tsp 4 cup 2 tsp 2 cans 3 Pour the tomato soup over the meatballs 4 Bake in a 350-degree oven for 1 hour and 15 minutes. Turn the meatballs halfway through cooking.

Portion size for 3-5 year old: 1 meatball

Each serving provides: $\frac{1}{2}$ bread alternate, $1\frac{1}{2}$ oz meat

Nutrition Tip: Iron, found in the ground beef, helps keep the oxygen flowing to and from cells for a super performance! Physical Activity: Put on music and have the children walk like chickens, strut like turkeys, or waddle like ducks.

Recipe Source: Connecticut Cooks for Kids

Tnoredients

Pork Stir Fry

10 Servinos



Directions

25 Servines

Week 2 Tuesday Lunch

<u> </u>	10 Servings	25 Servings	DILECTIONS
Cornstarch	3 ½ Tbsp	½ cup	Dissolve cornstarch in soy sauce.
Water, cold	1 Tbsp +1 ³ / ₄ tsp	½ cup	Add spices.
Low-sodium soy sauce	1 Tbsp +1 3/4 tsp	½ cup	Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a
Granulated garlic	1 3 tsp	1 ½ Tbsp	simmer.
Ground ginger	1/8 tsp	½ tsp	Cook for 3-5 minutes, until thickened.
Ground white or black pepper	<u>³</u> tsp	1 tsp	Remove from heat.
Low-sodium chicken stock, non-MSG	12.75 oz	1 quart	Saute sliced carrots in oil (1/4 cup) for
Fresh carrots, peeled, $\frac{1}{4}$ " slices	1 lb + 2 oz	2 lbs + 13oz	4 minutes. Add diced onions, cook for 1
OR frozen sliced carrots	1 lb + 6 oz	3 lbs + 6 oz	more minute. Add chopped broccoli and cook for 2 more minutes.
Vegetable oil	1 Tbsp +1 3/4 tsp	½ cup	Remove to steam table. Keep warm.
Onions, diced	$4.5 \text{ oz or } \frac{3}{4} \text{ cup}$	11 oz or 1 $\frac{3}{4}$ cup	Sauté pork cubes (1/2 ") in ½ cup oil for
Fresh broccoli, chopped	13 oz	2 lbs	3-5 minutes until no signs of pink
OR frozen mixed Oriental Vegetables	1 lb	2 lbs 8 oz	remain. Add pork to vegetables in
Boneless pork shoulder or loin,	2 lbs	4 lbs + 13 oz	steam table pan. Add sauce and mix to coat pork and vegetables with sauce.
Cut $\frac{1}{2}$ " cubes.	(raw weight)	(raw weight)	Heat to serving temperature.
			Serve with brown or white rice.
	l .	1	I.

Portion size for 3-5 year old: $\frac{3}{4}$ cup

Each serving provides: $1\frac{1}{2}$ oz meat and $\frac{1}{2}$ cup vegetable

Nutrition Tip: This recipe provides Vitamin A (from the broccoli and the carrots). Vitamin A is needed for bone growth. Physical Activity: Arrange all the children in a line facing you. The children throw (overhand) the object as far as possible. On your signal then run and pick up the object. They then run to the starting position and repeat on your command.

Recipe Source: USDA D-39B

Pumpkin Bread



Week 2 Thursday Snack

Portion size for 3-5 year old: $\frac{1}{2}$ slice of bread (14 full slices per loaf pan)

Each serving provides: $\frac{1}{2}$ slice bread alternate

Nutrition Tip: Canned pumpkin goes on sale in the fall, around the holidays. Watch for the sale and stock up for use year around.

Canned pumpkin has Vitamin A; an important nutrient for seeing in the dark!

Physical Activity: Act out your favorite characters from television/movies/children's books.

Recipe Source: Laura England, Kootenai Valley Head Start

Pumpkin Pancakes



Week 3 Friday Breakfast

Ingredients	16 Servings	32 Servings	Directions
Topping: Low-fat vanilla yogurt Raisins, seedless	2 cups 1 cup	1 qt 2 cups	In a small mixing bowl, briskly combine vanilla yogurt and raisins until yogurt becomes looser texture; reserve. For the pancakes, combine flour, sugar, baking powder and cinnamon in a large mixing bowl.
Pancakes: All-purpose, enriched flour Sugar, granulated Baking powder Cinnamon, ground 1% Low-fat milk Melted butter Egg, whole, fresh Canned pumpkin Low-fat vanilla yogurt	1 cup 1 Tbsp 2 tsp \frac{1}{2} tsp 1 cup 2 Tbsp 1 large \frac{1}{2} cup \frac{1}{2} cup	2 cups 2 Tbsp 1 Tbsp+1 tsp 1 tsp 2 cups \(\frac{1}{4}\) cup 2 large eggs 1 cup 1 cup	In a medium mixing bowl, combine milk, butter, egg, pumpkin, and yogurt, mixing well. Add wet ingredients to flour mixture and stir until just moist. Do not overmix. Batter may be lumpy. For thinner batter, add milk. Lightly coat a griddle or skillet with cooking spray and heat on medium. Using a quarter-cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden. Serve warm, topped with yogurt-raisin mixture and dusting of cinnamon.

Portion size for 3-5 year old: 1/16 of recipe or 1 small pancake

Each serving provides: ½ slice bread alternate

Nutrition Tip: Enriched flour is important to ensure the child gets adequate amounts of Vitamin B and iron for growth.

Physical Activity: Toss a balloon in the air and call the part of the body to be used to strike it (knee, foot, etc). The balloon can also be batted, kicked, or bounced between the two players. Try balloon juggling as well.

Recipe Source: Elizabeth Ward, 3-A-Day of Dairy

Pumpkin Patch Muffins

12 44.......



Week 4 Wednesday Snack

Canned Pumpkin1 cup2 cupPreheat oven to 375 degrees.Brown sugar, packed $\frac{1}{2}$ cup1 cupIn a large mixing bowl, mix orMelted butter or margarine $\frac{1}{4}$ cup $\frac{1}{2}$ cupblend the pumpkin, brown sugar,Eggs, whole, fresh2 eggs4 eggsAll-Purpose flour, white, enriched (or try 1 cup All Purpose flour and 1 cup whole wheat flour)2 cups4 cupBaking powder2 tsp4 tspSalt, table1 tsp4 tsp1 tsp1 tsp Preheat oven to 375 degrees. In a large mixing bowl, mix or blend the pumpkin, brown sugar, melted butter, and eggs. In a separate bowl, sift the flour with the baking powder and salt. Add the dry ingredients to the pumpkin mixture and stir or blend until just combined. Spoon the batter into a 12-cup muffin tin lined with paper liners. Bake the muffins for 20 minutes.	<u> </u>	12 Muffins	24 Muttins	<u> Directions</u>
	Brown sugar, packed Melted butter or margarine Eggs, whole, fresh All-Purpose flour, white, enriched (or try 1 cup All Purpose flour and 1 cup whole wheat flour) Baking powder	½ cup ½ cup 2 eggs 2 cups	1 cup \frac{1}{2} cup 4 eggs 4 cup	In a large mixing bowl, mix or blend the pumpkin, brown sugar, melted butter, and eggs. In a separate bowl, sift the flour with the baking powder and salt. Add the dry ingredients to the pumpkin mixture and stir or blend until just combined. Spoon the batter into a 12-cup muffin tin lined with paper liners. Bake

Portion size for 3-5 year old: $\frac{1}{2}$ muffin

Each serving provides: ½ slice bread alternate

Nutrition Tip: Canned pumpkin is a great source of Vitamin A; which kids need for vision, growth and development.

Physical Activity: As a group toss/bump around a balloon without letting it touch the ground.

Recipe Source: Laura England, Kootenai Valley Head Start